

## ***The Cochrane Collaboration and the Cochrane Library***

***Have you ever been to the doctor and been confronted with a treatment you knew nothing about and an explanation that left you just as confused? If so, please consider exploring the Cochrane Library, a virtual library with a database of over 4,500 health treatment reviews covering hundreds of medical conditions including many types of arthritis and soft tissue disorders. The Cochrane Library is produced, maintained and promoted by the Cochrane Collaboration, an international organization made up of 14 independent not-for-profit Cochrane Centres worldwide. The Library's main purpose is to help people make well informed decisions about healthcare and is used by people interested in evidence-based healthcare, including consumers (patients), clinicians, policy-makers, researchers, educators, students, and others.***

***The easiest way to locate the arthritic treatment option you are interested in researching is to:***

- 1. Go to [www.thecochranelibrary.com](http://www.thecochranelibrary.com)***
- 2. Browse the "Cochrane Database of Systematic reviews" to the left side of the page***
- 3. Click the expand option***
- 4. Click on rheumatology***
- 5. Click on the type of arthritis you are researching***
- 6. Choose a review topic (if you can't locate the treatment option you desire for one of the spondylo-arthropaties, such as a biologic, please refer to rheumatoid arthritis)***

***For more details about the Cochrane Library and the Cochrane Collaboration please click on "Learn" at the top of the homepage. From the "How to use the Cochrane Library" option you can access an excellent short PowerPoint presentation and download a PDF brochure about the Library and its benefits and features. Reliable evidence-based information about treatment options for arthritis is now at your fingertips!***

***The information for this article was adapted from links found at [www.thecochranelibrary.com](http://www.thecochranelibrary.com)***

***By Marilyn Walsh (Volunteer local contact for the Ontario Spondylitis Association, Canada).***